

take a BREAK

... and take care of stress by taking care of yourself and others.

Up to a certain point, stress can help you do better work.
But after that point, stress can cause illness and accidents.



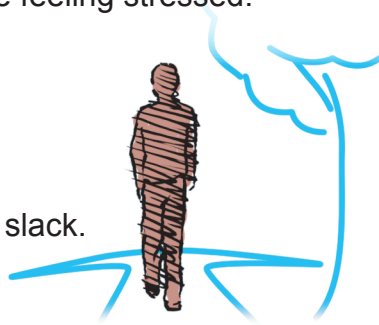
We feel stressed because of real conditions at work.

- Stress at work can add up, and that is on top of life's regular stress.
- You cannot just tell yourself or others to stop being stressed. It does not work that way.
- Just admitting that people are stressed can help.

Give yourself and others some room to breathe.

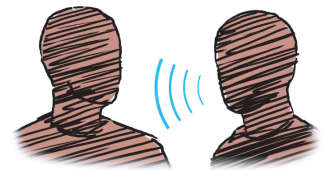
Take care of yourself.

- Tell people if you're feeling stressed.
- Take a break.
- Take a walk.
- Exercise.
- Eat right.
- Get enough sleep.
- Cut yourself some slack.



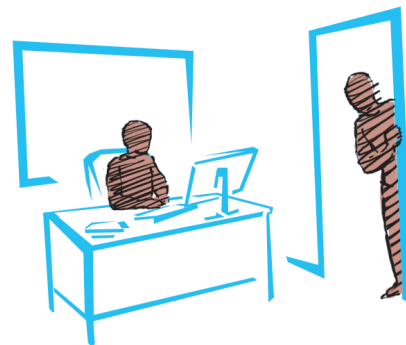
Take care of each other.

- Check in on each other.
- Ask...“How are you doing?”
- Listen for a while.
- Cut each other some slack.



Leaders...check in with your staff.

- Listen when someone needs to talk.
- Encourage people to look after each other.
- Help people to...
 - Take breaks
 - Take walks
 - Take time...for personal conversations
- Lead by example.



Let's take care of ourselves and each other

...at work and at home.

More Resources:

National Institute for Occupational Safety and Health (NIOSH) – www.cdc.gov/niosh/stresswk.html
American Institute of Stress – www.stress.org/job.htm